What is claimed is:

1. A freely rotatable micromechanical plate apparatus, comprising:

at least three rotatable plates, each of said rotatable plates being suspended from a substrate via a respective first spring;

a moveable plate;

at least three moveable plate attachment points, each of said moveable plate attachment points being coupled to a respective one of said rotatable plates via respective ones of second springs so that rotation of each of said rotatable plates about a respective axis transfers motion to the moveable plate attachment points; and

at least three posts, each of said posts coupling the movement of each of a respective one of said moveable plate attachment points to said moveable plate.

2. The invention as defined in claim 1 wherein said moveable plate is a mirror.

3. The invention as defined in claim 1 wherein said springs are deformable elastic elements.

4. The invention as defined in claim 1 wherein at least one of said springs is a relatively thin beam.

5. The invention as defined in claim 1 wherein at least one of said springs is a folded set of beams.

6. The invention as defined in claim 1 wherein at least one of said first springs is located along an edge of its associated rotatable plate and acts as the axis of rotation therefore.

7. The invention as defined in claim 1 further comprising at least one electrode located below at least on of said rotatable plates.

8. The invention as defined in claim 1 further comprising an additional plate, said additional plate being coupled to at least one of said rotatable plates and being adapted to rotate said rotatable plate.

9. The invention as defined in claim 8 wherein said additional plate is coupled to said rotatable plate by at least one spring.

10. The invention as defined in claim 8 wherein said additional plate is adapted to rotate said rotatable plate using angle amplification.

11. The invention as defined in claim 8 further comprising at least one electrode operable to move said additional plate.

12. The invention as defined in claim 8 further comprising at least a comb drive operable to move said additional plate.

13. The invention as defined in claim 1 wherein at least one of said rotatable plates incorporates fingers that are part of a comb drive.

14. The invention as defined in claim 1 wherein at least one of said rotatable plates is a vestigial rotatable plate.

15. A method for making a freely rotatable micromechanical plate apparatus, comprising:

suspending from a substrate via a respective one of a first set of springs each of at least three rotatable plates;

coupling each of at least three moveable plate attachment points to a respective one of said rotatable plates via respective ones of a second set springs so that rotation of each of said rotatable plates about a respective axis transfers motion to the moveable plate attachment points; and

coupling a moveable plate to each of said moveable plate attachment points via a respective one of least three posts, each of said posts coupling the movement of each of a respective one of said moveable plate attachment points to said moveable plate.